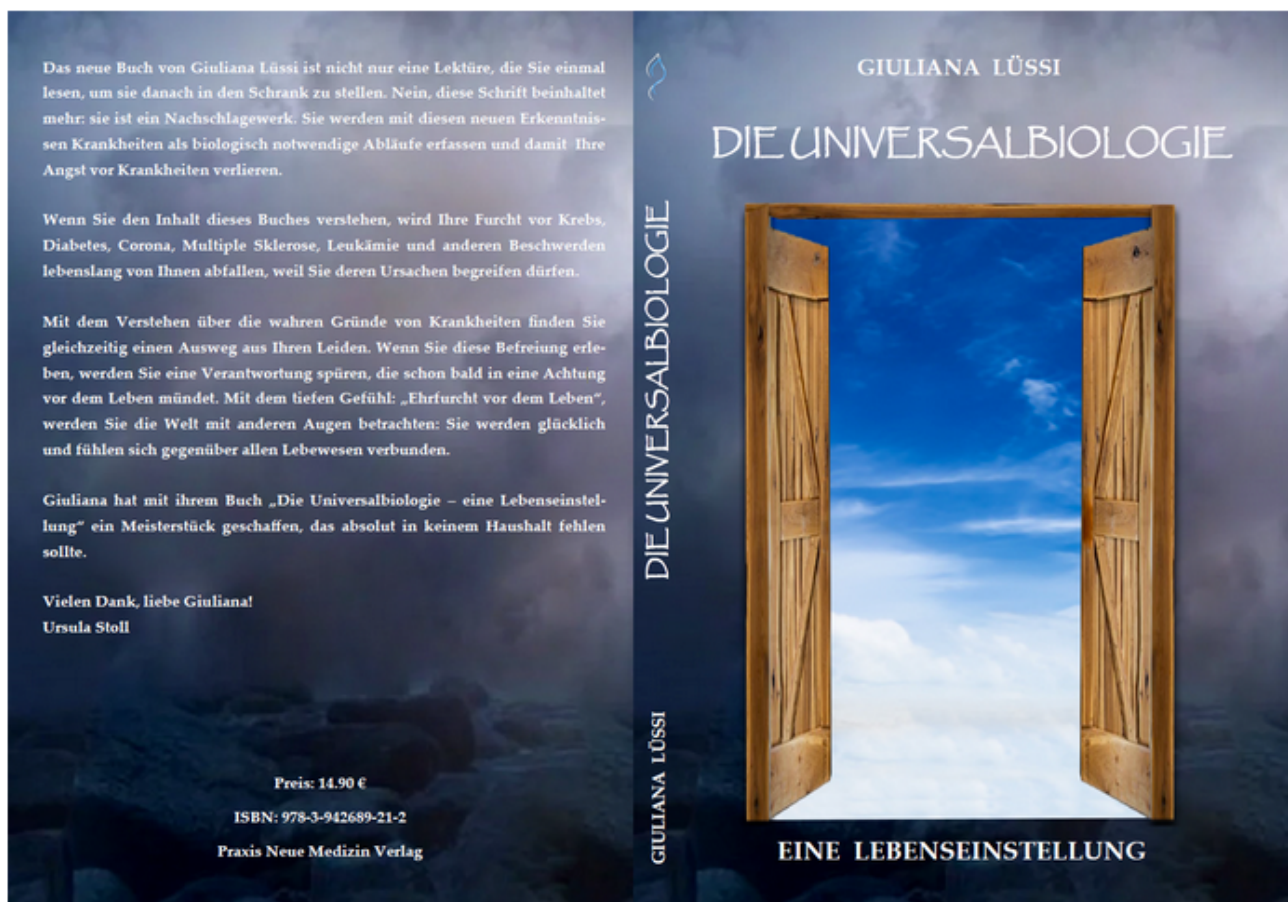


## Diseases: Where do they come from or what are they?

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If you were to conduct a survey on this topic, you would get a wide variety of answers: viruses, stress, climatic factors such as heat, cold or humidity, poor, unnatural or excessive nutrition, lack of hygiene, incorrect demands on the muscles, etc. On the whole, few people are able to identify exactly where diseases come from and why we are afflicted by them. Naturopathy, Chinese medicine, homeopathy, doctors and even bright medical books are not that helpful in finding out where our ailments come from.

Perhaps you have wondered more than once: Why did I get sick? To answer this question, rethinking is necessary.



During the time that you are engaged with this book, I recommend that you block out your previous knowledge of "diseases" and instead open yourself, critically of course, to new insights. Because *most* of what you think you know about this subject you will have to throw overboard.

Universal Biology® (UB) does not require belief. Anyone is capable of verifying it, provided they take the necessary time to do so.

My friend Nic was asked by an ophthalmologist during a training course why he didn't study medicine, it would be easy for him to get the diploma. When asked why he should do it, the doctor replied: "Because you would be more credible! His answer came like a shot from a pistol: "*I don't want to be credible!* I want people to *know* and not *believe!*". With this in mind: Don't believe anything you read about here - check it out!

I would first like to draw attention to the question of what diseases are and not where they come from, because it is precisely at this point that the first error in thinking lies. The *where* from implies that external circumstances can affect us, such as cold, too much salt or too much meat in the diet, whatever. The question of what is a disease demands an explanation. That is why we first focus on "What are diseases in the first place?".

Have you ever had the experience that you couldn't sleep well because of a bad experience, an insecurity, a conflict? That you had no appetite, got cold hands and/or cold feet? That your thoughts circled around an event without finding a way out? That you stood paralysed in the face of a situation that you did not know how would turn out?

There are all kinds of events that can throw us off balance, causing physical and mental distress.

Here are a few examples:

- A woman has been abandoned by her husband; he has left her with two small children and gone off with a younger woman.
- A young man has to wait weeks for an answer from his beloved girlfriend and her parents as to whether he can marry her.
- Someone very close to us had an accident and is in hospital. It is not yet known whether he/she will survive.
- Because of a speculation, someone has lost all his/her belongings.
- A woman is attached to her husband who no longer loves her.
- A child is mocked by classmates.
- Someone has been dismissed by his employer. He no longer knows how to support his family.
- A pupil has to repeat the school year. He doesn't know how to explain to his parents.
- A man has been betrayed by his best friend or his brother.
- A child feels that his parents no longer love him.

One could continue this list endlessly, as the experiences that shape us are so diverse.

For example, what happens health-wise to the young man who is waiting for a response from his lover and her parents? He has fallen in love with a woman who belongs to another culture. He would like to marry her, but she has explained to him that it is not possible without her parents' consent (shock, trigger event: AE, 1st section of the programme). If the matter is close to his heart, he is certainly in a similar frame of mind as described above: He does not sleep well, thoughts always revolve around the question: "Will they say yes or no?", "Will they accept me as a son-in-law?", "Am I good enough for them?".

Eating doesn't feel so important at that moment, his hands and/or feet are freezing.

I will try to explain to you in simple words why the body behaves in this way: If something is bothering us because we have been confronted with an unpleasant event, we are in an imbalance. Our organism reacts

to this event with a biologically necessary process. This means that in order to deal with the problem, our own inner biology activates a special process (BNA: Biologically Necessary Activity). Each of us knows dozens of these programmes: Which child has never blushed because he was caught lying? Who hasn't had their heart flutter in moments of fear? Who has never had a sneezing fit? Sometimes we see flashes of light before our eyes and now and then we have noises in our ears.

In the case study of the young man, the Biologically Necessary Drainage (BNA) started, which affects the tissue of the nasal mucosa. (Note: In principle, several programmes can be started with one problem or trauma).

In this case, it became biologically necessary for the cells of his nasal mucosa to reduce.

To understand better:

The mucous membranes are tissues that ensure that certain structures in the organism are kept moist. When they are broken down with the start of a Biologically Necessary Drainage (BNA), the natural consequence is that the nose becomes dry. Why does biology initiate such a process? It is becoming increasingly difficult for us third millennium humans to understand "our biology". We no longer listen when the body talks to us. At best, we go to the doctor when something is wrong.

Why does the tissue in the nose reduce every time we are forced to wait a long time for an event, for example? We find the answer in the biological process:

I think each of you has seen a dog sniffing. What does the dog do when it "sniffs"? That's right, it tries to get information through its nose\*. This is biologically normal. However, as soon as the animal, just like the young man in our example, needs more information (Dog: "Is there danger hiding behind the wall?". Groom: "Will the parents accept me?") the mucous membranes automatically withdraw. Why? This allows more air to be breathed in and thus more information to be received. This procedure is true for both humans and four-legged friends.

\* *In biological language, it is a so-called "scent conflict": the dog tries to find out what is around the corner: A danger, another dog, food?*

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I realise that this statement may sound crazy, but *biologically speaking* we are not all that far removed from animals. Humans can fly by aeroplane, travel by boat above and below water, communicate with computers around the world. Human biology has evolved over long periods of time, and its adaptation processes take place extremely slowly. That's one of the reasons why we don't understand it any more - it all seems quite outdated and unbelievable to us nowadays. As I recommended at the beginning, take some time to think.

Why do we sometimes get cold hands and feet when we are busy with a problem?

The answer to this is simple: in this extraordinary state, the blood vessels constrict, thus blood pressure rises and the body can release more energy. This is a procedure in which biology provides resources to overcome the problem.

Let's go back to our young man. He has a dry nose, cold hands and feet, can't sleep very well, can't find rest. He is in what is called a conflicted phase (KP, 2nd section of the programme) and he probably doesn't notice that his nose is dry because he is otherwise occupied. Let us assume that the young man's mother is also worried. After all, she wants to see her son happy, so she also gets a "dry nose". In addition, the little brother also wants to know if his big brother is going to get married.

Actually, he does not want his brother to leave. If he moves away, he would be left behind alone. But now the younger one also wants to know what the future will bring. That is why he also has a "dry nose". The young man's father behaves neutrally, he thinks: "If the boy marries, it's good, if not, it's also good". He does *not* worry, as a result he does *not* have a "dry nose".

Let's move on to the next step. After three long weeks, the longed-for day has arrived. Let us assume that the answer has been positive. Now the young man will experience a Biological Solution (BL, 3rd section of the programme): At last, the new fiancé can sleep peacefully, he can eat as usual again, his hands and feet are warm again... And what happens to the dry nose? The circumference of the mucous membranes has receded, the "biological uncertainty" is now over. Conclusion: The tissue must be reconstructed.

From this point on, the Biologically Necessary Approach (BNA) enters the next phase, the Restoration Phase 1 (WP1, 4th section of the programme). In recovery phase 1, the nasal mucosa first swells and the nose closes. This happens because of the water that accumulates in the tissue\*.

*\* When you hit your finger with a hammer, the same process happens: the finger becomes thick because a lot of fluid flows there to repair the damage.*

In this way, the body prepares itself for the regeneration of the mucous membranes. At **this stage** (immediately after the problem has been solved; BL: Biological Solution), people think they are "sick".

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If you know how long the person with the problem was experiencing the stress, you can even calculate how long recovery phase 1 (WP1), in this case, how long "the stuffy nose" lasts. Biology leaves nothing to chance, it has a large memory disk like a computer and runs like a Swiss watch - very accurately.

Assuming that our young man was busy day and night for a total of three weeks with the "not-knowing-conflict" (conflicted phase: KP), the duration of the fourth phase (WP1) is about 1.5 weeks. I say *about* 1.5 weeks because within these three weeks of waiting for the answer, the groom also slept a little and certainly did not brood for a number of hours. You have to subtract this time from the three weeks. So the nose is blocked for about ten days. After these ten days, the person will have to sneeze more. This is a sign that one has entered the next section of the Biologically Necessary Course (BNA): The Reversal Phase (UP, 5th section of the programme). The name of this term is quickly explained: during this short period of time, a kind of energy surge is triggered in the organ (in this case, the nasal mucosa) and in the brain (I will explain the role of the brain later), which serves to expel the accumulated water from the affected parts of the body.

After this phase, the organism slowly returns to normal, hence the name reversal phase\*, to return to the normal state.

After the reversal phase (UP), the biology switches to the last part of the programme, the recovery phase 2 (WP2, 6th section of the programme). This process presents itself as a "cold": Clear, troublesome discharge that constantly flows from the nose.\*\*

Microorganisms with which we live in symbiosis make this process possible. They are the ones that help reconstruct the nasal mucosa and allow us to get back to normal (Resulting Normal: RN)! Restoration Phase 2 (WP2) also takes about 10 days in our example, but within this time the condition improves progressively.

The programme is the same for the members of the family: The mother and the little brother also have the common cold. The father does not. The two who have the sniffles most likely think that they have caught it somewhere, only the father never gets anything, he is "*immune*", so to speak.

*\* More about this in the chapter "The reversal phase."*

*\*\* This type of cold is not to be confused with the common cold, which secretes a yellow, purulent secretion. In this case, there is a different conflict: getting vital information. The process is controlled by the brain stem. More about this in the chapter "This and that": The brain stem.*

I assume that this information has to settle for a while because everything is new and contrary to the usual understanding. People often reach for some kind of tablets or antibiotics to eliminate the "bad bacteria" as soon as they get the sniffles.

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Perhaps you can already understand at this point that with frequent antibiotic use, the bacterial strains will be strongly imbalanced. Accordingly, biologically necessary processes can only be partially carried out. The statement that one is cold because one has caught a cold or has been infected somewhere loses its power and its justification here\*.

The "weather programme" is very common among children, it often occurs during the school and kindergarten years. The little ones worry about what it will be like there, whether the teachers are nice, whether one will make friends among the other pupils, whether school will be difficult, boring or interesting, etc. Children who think and feel this way will definitely get a "cold", others who already know how "it goes", e.g. because their older siblings have told them about it, will not get a cold or only a slight one. However, if they are only a little snuffy, it means that the same programme has taken place in them too, just not as intensively.

*\* More on this in the chapter "The Role of Microorganisms": The Flu Waves.*

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**The Biologically Necessary Activity (BNA)** can be described in this way: During the day we are more in a sympathicotonic rhythm, at night we are in a predominantly vagotonic\* rhythm. As soon as an unexpected, unpleasant event occurs, our organism switches on a biologically necessary special programme that helps us to cope with the problem. All resources that can be biologically used for this purpose are exhausted.

The body is *under power*, so to speak. The Biologically Necessary Sequence (BNA), provided it runs in an optimal sequence, is subject to six phases until the "normal state" is reached again.

\* *"Sympathicotonia" is the daily rhythm. The name has its origin in the Latin words "Nervus Sympathicus". During the day we are active, our blood vessels are a little constricted, we are fit and do not need sleep. It is only around 4 pm that our rhythm changes more to the "Nervus Vagus" i.e. into "Vagotonia". Our body is relaxed, our hands are warmer, we have an appetite and we are tired. For this reason, as soon as something extraordinarily happens, the body switches to permanent sympathicotonia in order to cope with the disagreeable situation with all available strength.*

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### The sequence of processes in order:

- **Triggering Event (AE):** A shock, a rift, a trauma, such as a reproach, a separation, a verbal or physical attack, a devaluation, a discrediting, a death, a degradation, a withdrawal of love, an anger, a disappointment, a loss, various fears, etc. can be the Triggering Event (AE) for an extra biological process (for conventional medicine: disease). You now understand why diseases cannot be avoided: Shocks are not predictable!

*Three criteria are necessary for a programme (BNA) to be activated by a shock:*

- *The person is surprised by the event, they did not expect it,*
- *The event is serious for the person concerned at that moment,*
- *The person feels left alone or cannot talk about it because of shame or taboo. In other words, they are in shock.*

Even all the screening tests that are highly praised are nothing more than snapshots. They only give us an instantaneous picture of the state our body is in. Laboratory tests can never prevent these processes! On the contrary: a diagnosis made by them can cause a shock with all the biological consequences! In the brain, depending on what sensations the person had at the moment of the triggering event (AE), one or more areas (control relays\*) are activated, which in turn command corresponding parts of the body. You will find more about this in the next chapter.

- **Conflictive phase (KP):** The characteristics of this phase are: Cold hands, cold feet, restless sleep or insomnia, little or no appetite and circling thoughts around what is happening. The organism is put into a so-called sympathicotonic (see above) state. Depending on the experiences one had during the triggering event (AE), at least one Biologically Necessary Activity (BNA) is started. The switch for this programme is located in the brain (control relay: SR). Depending on which part of it is flicked on, tissue building or tissue breakdown processes take place, or a functional change in the organ follows. The person usually does not notice much at this stage (exception e.g. burning in the stomach). For this reason, most people are surprised when they are told that they have a tumour somewhere.

\* *Control relay: Area in the brain that is connected to and controls a part of an organ.*

This phase is the only one in which the individual can actively do something, that is: the longer one remains stuck in the problem, the more laborious, painful and protracted the recovery phases (WP1 + WP2) become. So the important insight is: In this section we actively hold "our health" in our hands. The time in which we remain in this tension is the only component within the Biologically Necessary Process that we can consciously influence\*.

*\* The ways in which we manage conflict vary greatly and are, of course, individual. Most people who find themselves in a state of shock withdraw. This is understandable, but not conducive to shortening the conflictive phase. Confiding in someone about fears, pain suffered and insecurities is certainly of great help. It can be compared to a hot air balloon that carries a lot of ballast and cannot fly up. By talking to someone, you throw the weight down and the balloon becomes lighter.*

*If the sufferers are religious, they can find refuge in faith, others in meditation... If you don't know anyone with whom you can disclose your worries, you can always share them with a therapist you trust. How to deal with problems is in our hands. One thing is for sure: we do ourselves no favours if we remain in bad moods, anger, disappointment or other negative moods!*

"Find a solution as quickly as possible" is the motto! After that, the programme automatically continues without our doing anything. We can then only suppress or diminish the symptoms, for example with medication.

- **Biological Resolution (BL)** of the conflict: It is important to understand that real relief is always biological.

If you are only thinking to cope with the problem, this is not enough to switch the Biologically Necessary Activity (BNA) into the next process! Personally, it took me a very long time to understand the difference between a mental and a biological solution: With a mental solution you think that everything is fine now, often you tell yourself stories to calm yourself down - you fool yourself. With a biological solution, you feel the "stone fall from your heart". You feel that everything is *really* all right now. In any case, biology requires an act to get an issue out of the way, an action that one actually performs, something concrete\* to address the problem, *the thought alone is not enough!*

*\* Here, good advice is precious. The solution is always individual. Sometimes a sentence that one should have said or wanted to hear a long time ago is enough. For someone else, it is a long-postponed decision that is put into action, etc.*

The Biological Solution (BL) often comes unexpectedly afterwards, you see something, you hear something... and poof!!!! You realise that you have let go, you feel lighter, you feel free.

How can you be sure that you have actually got rid of a difficulty? An important component that should not be disregarded is that after about 30 minutes to twelve hours, some kind of discomfort appears or discomfort becomes noticeable. However, the pain really only shows after we have overcome the conflict. If we don't get any physical reactions, we just *thought* we had settled the problem. The bottom line is that we have only made things right for ourselves so that it fits. We often try to find alibis to calm ourselves down. But in the end we didn't settle anything. Once you start to understand Universal Biology® (UB), you look at certain circumstances with different eyes. After we have sorted out a problem and we actually get a toothache as a result, for example, the discomfort takes on a different meaning. Three things happen:

Firstly, we are sure that we have actually overcome something, otherwise the pain would not be there. This means that we can be reassured rather than anxious.

Secondly, if we expect any discomfort, it no longer has the same intensity for us as if it had occurred out of nowhere and without our awareness.

Thirdly: Every successful observation of a process is a confirmation that increases our confidence in Universal Biology®. With confidence grows certainty and with certainty knowledge about the programmes that influence our health increases. Knowledge about *diseases* gives us a power that allows us to live a free and better life!

- **Recovery Phase 1 (WP1):** The body collects water in the affected organ, as well as in the corresponding brain area (control relay) where the process takes place. This is necessary to bring the events that occurred in the Conflictive Phase (KP) towards normality. Depending on which tissue is involved, a reduction of cells follows where a build-up of cells had previously taken place in the KP. In the tissues where cell degradation has occurred, cell proliferation takes place. The bodily functions that were subject to a change switch to an under-function. In this phase, pain manifests itself, which can be very severe. Depending on which control relay is in special activity in this stage, fever, swelling, redness, inflammation, etc. can occur. At the same time, microorganisms actively participate in the process.
- **Reversal phase (UP):** In the middle of the recovery phases (WP1 + WP2), a kind of "contraction" occurs in the affected organ and in the control relay (SR) in the brain. After this, the excretion programme for the accumulated water begins. The duration of the reversal phase is between 20 seconds and about 4 hours and depends on the brain area involved. If you know the part of the brain that is active in the process, you know what to expect in terms of reactions. More about this in the chapter "The reversal phase".
- **Recovery phase 2 (WP2):** The stored water is eliminated from the organism and the biology slowly returns to normal: the pain, fever, inflammation, swelling etc. become less. The build-up and breakdown programme comes to an end in this phase. The functional changes normalise. The number of working microorganisms automatically reduces.

At the end of the programme there is almost always a **Resulting Normal (RN)**. Scars, cysts, encapsulated excess cells, caverns (hollow space in the tissue), moles, painless and enlarged lymph nodes etc. are the *end product* of the Biologically Necessary Processes. Often diseases are even diagnosed in this section, such as multiple sclerosis (MS), although the programme has long since ended. I will report on the "disease MS" in more detail in the chapter "The Resulting Normal State".

Ideally, the different phases take the following course: The Shock (Trigger Event: AE), the Conflictive Phase (KP), the Biological Solution to the Problem (BL), the Recovery Phase 1 (WP1), the Reversal Phase (UP), the Recovery Phase 2 (WP2).

Very often, however, the Biologically Necessary Activity (BNA) does not develop in this ideal way. For example, there are people in whom the same conflict is constantly repeated. As a result, when the process is in WP1, for example, it falls back into the Conflictive Phase again (through another shock). That one can return to the Conflictive Phase is of course possible at any moment of the BNA, not only in WP1. One can imagine the biologically necessary process like a game. With every mistake (shock), one is thrown back and the game starts all over again. Some games repeat themselves throughout life, which are then diagnosed as "chronic illness".

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## Summary:

Let us return to our original question: What are diseases? "Diseases" are biological processes that are set in motion due to a serious occurrence (Triggering Event = Shock). Such extraordinary experiences start extraordinary programmes in the body (Biologically Necessary Activity: BNA) that serve the purpose of helping to overcome the conflict. The organism gathers all its available resources to biologically regulate



the problem. Depending on the sensation at the moment of the traumatic moment, at least one process is started in the body. This triggering event (AE) evokes a conflictual state (Conflictive Phase: KP). One recognises this stage because it is accompanied by cold extremities (hands and feet), sleeplessness, lack of appetite and circling thoughts around the event. If a Biological Solution (BL) occurs, these processes are brought to an end. The Biologically Necessary Activity (BNA) switches to the next stage, Recovery Stage 1 (WP1). WP1 is the first stage of two restoration stages (WP1 + WP2). The first stage (WP1) can be recognised by the symptoms that occur, such as pain, inflammation, fever, swelling, itching, etc. Between the two recovery phases, the reversal phase (UP) occurs. After this short phase (UP), the biology slowly returns to normal.

The duration of WP1 + WP2 depends on the duration and severity of the resolved mental stress. If the KP (Conflictive Phase) has lasted one week, the Recovery Phases (WP) will last three to four days each. If the Conflictive Phase (CP) is limited to two weeks, the Recovery Phases 1 and 2 will be limited to one week each. If the KP lasted one month, the recovery phases (WP) will be limited to two weeks each. If the trauma lasted very long, WP1 is **rarely longer than 3-4 weeks!** In order to exceed the 4-week limits, a very long and intensive conflictive phase is required. This is followed by the reversal phase. The remaining weeks or months pass in WP2, in which the symptoms increasingly improve. The worst pain occurs in WP1. After the reversal phase (UP), the symptoms continue, but they become weaker every day. If there is already a massive accumulation of water in the organism due to an active kidney collection programme (see page 40), WP1 is characterised by more severe suffering. To the same extent that the water in WP2 decreases, the symptoms also disappear. For this reason, if one is in intense pain, it is advisable to do something about the water retention (retention). In addition, medications lose their effectiveness when water retention occurs: Due to the dilution resulting from water retention, medicines do not achieve the desired effect. The person suffering from severe discomfort could unconsciously activate an additional biological programme with the following content: "I'm at the end of my tether, not even medicines can help me!

More information on this topic can be found in the next chapter under the keyword "White Matter."

You get stuck in the conflictive phase, so to speak, for months or years because you are not capable of change. Just think of someone who has an unhappy marriage or a job that gives him absolutely no pleasure. It also often happens that during some phase, through a repeated shock, one starts the programme all over again.

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We at Corona\_Facts would like to thank Giuliana Lüssi for allowing us to exclusively publish a chapter from her book. It is an essential cornerstone for understanding why disease is not an aggressive pathogen coming from outside, such as the alleged Corona virus.

For all those who would like to know more about the new view of a better system of knowledge, which (*in a positive sense*) scientifically explains those processes that lead to illness and healing and that healing crises can occur and healing obstacles can act, we recommend the book by the authors **Giuliana Lüssi - "Universal biology - a way of life"**.

You can purchase the book [HERE](#) !

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### Finally, a few words about the author themselves:

Giuliana Lüssi knows how to package the biological relationships in examples in an uncomplicated, confident way and with a lot of Italian esprit, so that they become understandable for every reader. Giuliana Lüssi was born and raised in Italy in 1962. Due to the early death of her mother, she was confronted with the question of health at a young age. Even though she graduated from high school in the tourism industry (hotel director), her interest was always in health and medicine. She moved to Germany when she was just 22 years old and completed various training courses in the health sector. No matter which medical apprenticeship she learnt, she instinctively felt that "there must be something else", something more comprehensive. She then found the "philosopher's stone in medicine" 20 years ago in universal biology - her search was over. From then on, she dealt with all topics related to universal biology; she completed a two-year training (universal biology) in Italy and took many different courses in Germany. In 2010, Giuliana Lüssi moved to Morocco, where she met her Swiss husband.



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